



Tiger's Eye Brownies

 Dairy Free

READY IN



45 min.

SERVINGS



20

CALORIES



194 kcal

DESSERT

Ingredients

- ☐ 0.5 teaspoon double-acting baking powder
- ☐ 3 eggs beaten
- ☐ 1.3 cup flour all-purpose
- ☐ 0.5 cup butter
- ☐ 10 oz peanut butter chips
- ☐ 0.5 teaspoon salt
- ☐ 1 cup semi-sweet chocolate chips dark
- ☐ 1.7 cup sugar

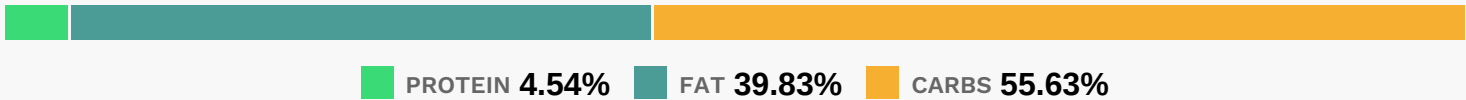
Equipment

- ☐ sauce pan
- ☐ oven
- ☐ baking pan

Directions

- ☐ In a saucepan over low heat, melt peanut butter chips and margarine together, stirring frequently until smooth.
- ☐ Remove from heat. Stir in remaining ingredients in the order listed.
- ☐ Spread batter in an ungreased 13"x9" baking pan.
- ☐ Bake at 350 degrees for 25 to 30 minutes, until center is set.
- ☐ Let cool and cut into squares.

Nutrition Facts



Properties

Glycemic Index:11.85, Glycemic Load:15.97, Inflammation Score:-3, Nutrition Score:3.3191304806944%

Nutrients (% of daily need)

Calories: 193.56kcal (9.68%), Fat: 8.68g (13.35%), Saturated Fat: 3.09g (19.34%), Carbohydrates: 27.27g (9.09%), Net Carbohydrates: 26.36g (9.59%), Sugar: 19.89g (22.1%), Cholesterol: 25.08mg (8.36%), Sodium: 132.82mg (5.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Caffeine: 7.53mg (2.51%), Protein: 2.23g (4.45%), Manganese: 0.17mg (8.59%), Selenium: 5.51µg (7.87%), Copper: 0.13mg (6.32%), Iron: 1.05mg (5.84%), Vitamin A: 243.01IU (4.86%), Phosphorus: 47.75mg (4.78%), Vitamin B2: 0.08mg (4.61%), Magnesium: 18.11mg (4.53%), Vitamin B1: 0.07mg (4.49%), Folate: 17.46µg (4.36%), Fiber: 0.91g (3.64%), Vitamin B3: 0.54mg (2.7%), Zinc: 0.37mg (2.49%), Vitamin E: 0.3mg (2.01%), Potassium: 69.83mg (2%), Calcium: 18.07mg (1.81%), Vitamin B5: 0.17mg (1.66%), Vitamin B12: 0.08µg (1.34%)